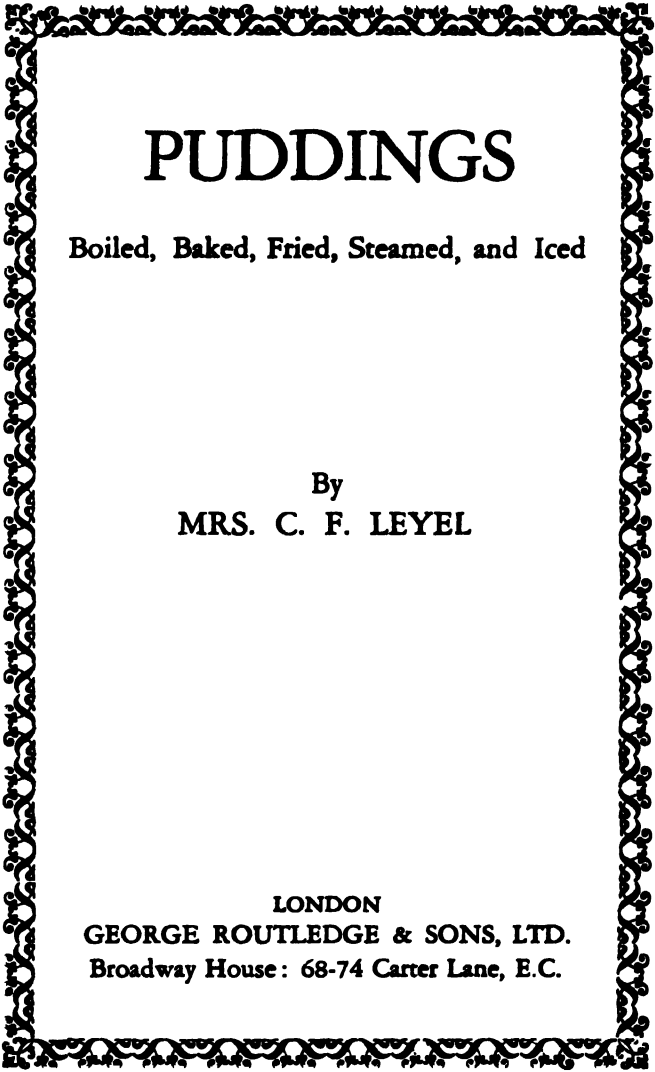


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THE LURE OF COOKERY

PUDDINGS

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PUDDINGS

Boiled, Baked, Fried, Steamed, and Iced

By
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PREFACE

THE Latin races eat very few puddings, and have contributed little to the art of pudding making. The French, Italian and Spanish Entremet (or pudding course) corresponds usually with what in England we call dessert, though, in France, steamed or baked custards variously flavoured, cooked and served in separate cups and called creams ; pancakes, fritters, omelette au confiture, the confiture without the omelette or ices, are often substituted for the fruit course.

A sweet dish peculiar to Italy is known as zabaione, and very delicious it is. Yolks of eggs mixed with marsala are whipped together over a saucepan of boiling water, and when of the consistency of thick cream the frothy mixture is poured into glasses and served.

In Sicily the caeserta (an ice with fruit in it) is a favourite entremet which is becoming popular all over Italy ; and in Spain the almonds and raisins of the country are handed with fruit at both the important meals.

Preface

But puddings as we know them in England and Scotland, made of a mixture of farinaceous foods with or without animal or vegetable ingredients, seem to be the invention of the Northern races, probably because the colder climates in which they live demand foods with more heating properties. A plain suet pudding handed with a bowl of golden syrup, a creamy rice pudding made without eggs, or a cherry pie in which a few rose petals have been placed under the crust, can be served at a luncheon party if they are well made, well dished and well served.

The recipes that follow are as popular to-day as they were with our grandmothers, and if carefully followed and prettily dished they will not disgrace any table. Their very unpretentiousness gives them distinction, and they are all historic dishes.

CONTENTS

	PAGE
Milk Puddings	I
Suet Puddings	5
Steamed and Boiled Puddings	9
Baked Puddings	22
Custards	29
Hot and Cold Soufflés	35
Fried Puddings	40
Sweet Pastry	46
Creams, Jellies, Junkets and Syllabubs	52
Compôtes of Fruit	71
Iced Puddings	78

PUDDINGS

MILK PUDDINGS

Nothing is more delicious than a well made milk pudding, but it is rarely met with because most people have an idea that it can be made in half an hour, or that to make it at all palatable it must contain eggs.

Now to the real lover of milk puddings the addition of an egg is an abomination, and unless the skin is of a soft brown and the pudding beneath of the deepest cream, indeed almost brown in colour, he will turn up his nose at it, for a good milk pudding, be it rice or tapioca or any other grain which is used, takes never less than three hours, and the best milk puddings I have ever eaten were partly cooked over night in a cool oven and then left there all the next morning from the time the fire was lighted till the luncheon hour. This, of course, is only possible on an ordinary kitchen range, but even on a gas stove no less than three hours should be allowed, and the whole time the stove should be turned as low as possible.

Puddings

The right proportions for a pudding of this sort are two level tablespoonfuls of grain to a pint of milk. In the case of tapioca or sago the pudding should be first cooked in a double saucepan over the fire and stirred till the mixture is a smooth paste. Then it can be poured into a pie dish and baked as slowly as possible in the oven.

Flaked rice requires more grain. In weight it should equal the ordinary rice. Carolina rice is usually used for puddings, and Patna rice for risotto and curries, but Patna rice will successfully serve all purposes. A dish of well cooked and well flavoured cold rice is the best possible accompaniment to a compôte of stewed fruit, and in the East rice cream powdered with sugar and cinnamon is a dish for princes.



The author's recipe for an ordinary

Cream of Rice

Put two level tablespoonfuls of Carolina rice into a pint of milk in a double saucepan, with sugar to sweeten and a vanilla pod or half a teaspoonful of vanilla essence. Put on the lid and when the water boils leave the rice to simmer

Milk

for from two to three hours, stirring it occasionally. When nearly all the milk has been absorbed remove it from the fire, pour it into the dish in which it will be served, and leave it till quite cold.

If liked it can be dusted with chocolate, cinnamon or ground almonds, or served with a compôte of fruit or custards in glasses.



The author's recipe for

Alabaster Cream of Rice

Put two tablespoonfuls of Patna rice (rather more than level tablespoonfuls) in a pint of new milk in a double saucepan with the thin rind of a lemon and sufficient sugar to taste. Put on the lid and let it cook slowly, stirring it occasionally, until the grains are quite cooked but still quite separate and white. Then remove it from the fire and pour it into a small enamel wash basin or a large bowl, add a quarter of a pint of cream and whisk both together until stiff, but care must be taken not to whip it until the cream becomes butter.

Puddings

Pour the mixture into a silver or crystal bowl, and serve with an orange compôte, prunes stewed in claret, or chocolate fool.

It can be made with half the quantity of cream.



A Rice, Tapioca or Semolina Mould

Take three level tablespoonfuls of grain to a pint of milk, and cook exactly as for ordinary Cream of Rice.

When all the milk has been absorbed pour into a wetted mould, and turn out when cold. Serve with jam, with a custard poured over it, or with a compôte of fruit.

If liked, the pudding can be partly cooked and then poured into a caramelled mould and finished in a bain marie.

It must be turned out into the dish in which it will be served while hot, so that the caramel will flow out over it.

SUET PUDDINGS

Suet puddings are lighter and more digestible if made with a combination of flour and bread-crumbs, and if they are steamed instead of being boiled. Dripping can be used as a substitute for suet, but it must be carefully clarified first ; if the suet or dripping is not perfectly sweet the whole pudding will be spoilt.

The dry ingredients should be mixed together first and the dripping or suet (finely chopped or minced) rubbed lightly in with the hands or with a knife. The whole is then mixed with cold water into a stiff paste, and the pudding when made is wrapped in a cloth which has been previously wrung out in boiling water and then floured. The cloth must be securely fastened, but it must not be tied too tight to allow the pudding to swell.

It is then, if it is to be boiled, plunged into a saucepan of boiling water up to about half the height of the mould which contains the pudding, and it must boil slowly and without ceasing until the cooking is over—for from two to three hours altogether. If the pudding is to be steamed it

Puddings

is placed in the steamer above the pan of water. In both cases the pan must be filled up with water as it boils away, so that the water is always kept at the same level.

As soon as the pudding is finished a knife should be plunged into the suet through the cloth, and as soon as the cloth is untied—which should be at once—a tiny square or round hole should be cut in the crust if it is a meat or fruit pudding, to allow the steam to escape and to prevent the taste of boiled washing which is sometimes noticeable in a pudding of this kind.

A plain suet pudding, either round or roly poly in shape, is wrapped in a scalded and floured cloth and plunged directly into the boiling water.



Plain Suet Pudding

1 lb. of flour, $\frac{1}{4}$ teaspoonful of baking powder, $\frac{1}{2}$ lb. suet or dripping, a pinch of salt, cold water.

Mix together the flour, baking powder and salt ; chop the suet finely and rub lightly into the flour. Mix into a stiff paste with cold water ; wring out a cloth in boiling water, flour it

and wrap the pudding in it. Tie it securely, allowing enough room for the pudding to swell.

If it is to be a roly poly it must be tied with string at both ends. Plunge it into boiling water and boil slowly without ceasing for two or three hours.

Serve with a bowl of golden syrup.



Boiled Treacle Pudding

Prepare the crust exactly as above, and then break off pieces of it and roll very lightly into thin rounds. Put one at the bottom of a pudding basin and cover it with golden syrup and a squeeze of lemon juice. Cover this with another layer of suet and then repeat the golden syrup, and so on until the basin is full. Tie a pudding cloth over it and boil slowly for three hours. Turn out and serve very hot.



Dumplings

1 lb. flour, 6 oz. finely shredded fat, 1 teaspoonful baking powder, salt, cold water.

Mix the dry ingredients, rub in the fat, and roll into balls. Then cook them in the gravy of

Puddings

the stew for which they are intended, or if they are to be served with boiled beef cook them in the gravy in which the beef has been boiled, or in boiling water, but they must be entirely covered with the liquid while they are cooking.

Norfolk dumplings are usually made of plain flour and water without any fat.

STEAMED AND BOILED PUDDINGS

Boiled Apple or other Fruit Pudding

1 lb. flour, 6 oz. suet, weighed after it is minced or chopped.

Rub the suet lightly into the flour, add a pinch of salt and make into a stiff paste with cold water. Roll out thin. Then take a perfectly clean cloth, wring it out in boiling water, flour it, and lay it in the basin. Line the basin with the paste, putting it on top of the cloth, fill the basin up with pared and quartered apple or other fruit, squeeze the juice of a lemon over the apples and add the thin rind. Put on a cover of suet and take care to moisten the edges of the paste and to press them well together and fold them over. Gather the ends of the cloth together and tie them firmly close to the pudding, which must be dropped into boiling water. Let it boil without ceasing from two to three hours, and then turn it out of the basin and the cloth, and immediately cut a small hole in the top of the crust.

Puddings

The pudding can be improved by the addition of a small piece of butter and a little grated nutmeg, or a little apricot jam and a glass of white wine.

It is better to cook an apple pudding without sugar, as the sugar sometimes prevents the apples from making a good pulp.



Batter Pudding (Boiled)

4 oz. flour, $\frac{1}{2}$ pint milk, 1 oz. castor sugar, 2 eggs, pinch of salt.

Make a hole in the flour and break in the eggs and beat till smooth, adding the sugar and a pinch of salt ; add the milk by degrees, beat well, and let the mixture stand for half an hour. It must be perfectly smooth.

Put into a greased mould, cover with a well scalded and floured cloth. Steam for one and a half hours, and serve with golden syrup.

The same mixture can be baked in the oven in a well greased pie-dish.

Steamed and Boiled

Cabinet Pudding

This was the pudding beloved of the Victorians, and it generally occupied a place in the menus of their great dinners.

The following is a very simple edition of the Cabinet pudding of the eighties. Sponge cakes can be substituted for breadcrumbs if preferred.

2 cupfuls breadcrumbs, 1 egg, $\frac{1}{2}$ pint milk, 1 table-spoonful sugar, $\frac{1}{2}$ cupful raisins and currants, a few crystallised cherries.

Stone and cut up the raisins ; make a custard with the eggs and the quarter of a pint of milk and the sugar.

Butter a mould, put a few cherries at the bottom, then put a layer of breadcrumbs, and after that a layer of the dried fruit, and go on doing this until there are no more materials. Then pour in the custard and steam for half an hour.

Serve with a lemon sauce made by boiling half a pint of water and a cupful of sugar to a syrup, with the juice and rind of one lemon. Thicken it with three tablespoonfuls of corn-flour and stir in a tablespoonful of butter before serving.

Puddings

Carrot Pudding

5 ozs. boiled carrots, 6 ozs suet, 2½ ozs. moist sugar, 6 ozs. flour, ½ lb. currants, 1 oz. candied lemon peel.

Chop the suet and add it to the flour and sugar. Clean the currants and remove the stalks. Grate or chop the carrots and the candied peel. Mix all together, put into a greased mould, cover with a scalded and floured cloth, and boil in a saucepan of water for two and a half hours.



Steamed Cherry Pudding

¾ lb. breadcrumbs, 2 oz. flour, 2 oz. butter, ¾ lb. dried cherries, ¼ lb. sugar, 1 pint milk, 1 teaspoonful vanilla, rind of lemon, 3 eggs.

Add the butter to the flour over a gentle heat, then add the milk and stir till it boils. Pour this over the breadcrumbs, lemon rind and sugar. Beat up the eggs, add them to the cherries, flavour with vanilla and pour this into a greased mould, then mix in the rest without disturbing

Steamed and Boiled

the cherries. Cover with a floured cloth and steam for one and a half hours.

Serve with a cherry sauce.

Cherry Sauce

$\frac{1}{2}$ lb. dried cherries, 2 ozs. sugar, $\frac{1}{2}$ pint water, cochineal.

Make a syrup of the sugar and water, and after it has boiled for ten minutes drop in the cherries and boil till tender. Rub through a sieve and colour with cochineal.



Chocolate Pudding

5 ozs. breadcrumbs, 2 ozs. Van Houten's cocoa, $\frac{1}{2}$ pint milk, 4 ozs. sugar, the whites of three and yolks of two eggs, vanilla essence.

Heat the milk, cocoa and sugar, and pour over the breadcrumbs. Beat the yolks of the eggs and add to the mixture, and then the well beaten whites. Put in a buttered mould and steam for an hour.

Puddings

The proportions of the sugar and cocoa can be altered to suit the individual taste.



Cocoanut Pudding

2 ozs. flour, 2 ozs. suet, 2 ozs. sugar, 2 ozs. cocoanut, 1 oz. breadcrumbs, 1 teacupful of milk, half a teaspoonful baking powder.

Mix the dry ingredients first, then put into a basin covered with a cloth and steam for two or three hours.



Date Pudding

$\frac{3}{4}$ lb. dates, 2 eggs, $\frac{1}{4}$ lb. suet, 1 breakfastcupful breadcrumbs, 1 teacupful flour, $\frac{1}{4}$ lb. sugar, 1 breakfastcupful milk, nutmeg.

Stone the dates and chop them finely, then cook them in the milk for fifteen minutes. Put the dry ingredients into a basin, chop the suet finely and mix with them, then add the dates

Steamed and Boiled

and milk, and last of all the well beaten eggs, and beat all together. Put into a greased mould and steam for two hours.

The eggs can be omitted and a teaspoonful of baking powder substituted.



Fig Pudding

$\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. breadcrumbs, $\frac{1}{2}$ lb. figs, 4 ozs. sugar, $\frac{1}{2}$ oz. candied peel, 1 egg, nutmeg, a teacupful milk.

Chop the suet, candied peel and figs finely. Mix the dry ingredients first, and then the well beaten eggs. Put into a well greased basin and steam for five or six hours.



Ginger Pudding

$\frac{1}{2}$ lb. breadcrumbs, 6 ozs. suet, 1 egg, 2 ozs. flour, $\frac{1}{2}$ lb. sugar, 3 tablespoonfuls golden syrup, 1 dessert-spoonful ginger, 1 teaspoonful baking powder, a pinch of salt.

Chop the suet and mix the dry ingredients, then the syrup and last of all the well beaten

Puddings

egg. Put into a greased mould and steam for three or four or more hours.



Golden Pudding

2 eggs, their weight in butter and flour, and the weight of one in sugar, 2 tablespoonfuls of apricot jam, and as much baking soda as will lie on a shilling.

Cream the butter and beat the whole together for fifteen minutes. Pour into a greased mould and boil or steam for two or three hours.

Marmalade can be substituted for the jam, or the jam can be left out altogether and served hot as a sauce.



Herodotus Pudding

This is descended from a pudding popular in the ancient world five hundred years before the birth of Christ. The old recipe is to be found in the works of Herodotus.

Steamed and Boiled

$\frac{1}{4}$ lb. breadcrumbs, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. raisins, $\frac{1}{4}$ oz. allspice, 1 egg, 1 oz. sugar, 2 figs, $\frac{1}{2}$ lemon, 2 tablespoonfuls sherry.

Chop the suet finely, and the figs, stone the raisins, cut them in half, and mix all the dry ingredients together, with the rind of the lemon. Beat the egg well and add it, and if necessary sufficient milk to make into a dough.

Put into a buttered pudding basin, cover with a scalded and floured cloth. Steam for four hours, and serve with a sherry sauce, made by mixing half a pint of water with half an ounce of cornflour into a smooth paste, and then boiling it with an ounce of castor sugar for five minutes, stirring it all the time. A glassful of sherry can be added before or after it has boiled.



Lemon Pudding

$\frac{3}{4}$ lb. flour, $\frac{1}{4}$ lb. sugar, 1 egg, 6 ozs. suet, 1 large lemon, milk or water.

Chop the suet and add it to the flour, grate the lemon rind over it, and add the juice, the sugar, and last of all the well beaten egg, and make into

Puddings

a paste with a little milk or water. Put into a well greased mould, cover with a scalded and floured cloth, tie up and steam for three to four hours, and serve with a lemon sauce made with half a pint of milk, half an ounce of cornflour, one ounce of sugar, the rind and juice of half a lemon, and the yolks of two eggs.



Marmalade Pudding

6 ozs. breadcrumbs, 2 eggs, 2 ozs. candied peel, 3 ozs. suet, 1 lemon, 4 tablespoonfuls marmalade.

Chop the suet and the candied peel into fine strips, and add them to the breadcrumbs. Beat the eggs well, add the marmalade to them and then the dry ingredients. Grease a basin, pour in the mixture, cover with a buttered paper, and steam for at least two hours. Turn out and serve hot with the following marmalade sauce or a dish of hot marmalade.

Marmalade Sauce

½ pint water, ½ oz. cornflour, 1 oz. castor sugar, rind and juice of 1 lemon, 1 large tablespoonful of marmalade.

Steamed and Boiled

Make the cornflour into a paste with a little water. Boil separately the rind of the lemon, the sugar, and the half pint of water. Strain away the rind, mix with the cornflour, stirring carefully, add the lemon juice and the marmalade, and cook it for five minutes, stirring all the time.



Treacle Sponge

1 egg, $\frac{3}{4}$ cup of golden syrup, $\frac{3}{4}$ cup of sugar, $\frac{3}{4}$ cup of milk, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ teaspoonful ginger, $\frac{1}{2}$ teaspoonful of bicarbonate of soda.

Mix all the ingredients, and last of all the well-beaten egg. Pour into a greased mould, tie up in a well scalded and floured cloth, and steam for two or three hours.



Christmas Plum Pudding

1 lb. finely chopped suet, 1 lb. breadcrumbs, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. raisins, 2 ozs. candied lemon rind, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. peeled and chopped apples, $\frac{1}{2}$ lb. sultanas, 2 ozs. candied orange rind, 2 ozs. candied citron, 2 ozs. ginger, 8 ozs. powdered sugar, one-third

Puddings

of an oz. mixed spice, chiefly cinnamon, 4 ozs. chopped almonds, juice and rind of half an orange and half a lemon, 3 eggs, $\frac{1}{4}$ pint rum or brandy, one-third of a pint of stout.

The fruit is improved by being macerated in liqueur for days before the pudding is made.

Mix all the ingredients well, adding the well-beaten eggs last. Put into earthenware basins. Tie the basins up in flour-dredged cloths which have been first scalded, and steam for four or five hours.

Turn out, decorate with a sprig of holly, pour brandy over and set fire to the pudding just before sending it to table. Serve with a hard sauce of rum or brandy butter.

Hard Sauce

Hard Sauce is the American name for the old English North Country Rum or Brandy Butter, which is eaten with bread and butter or oatcakes. It will keep about three months.

4 ozs. butter, 4 ozs. powdered sugar, 1 glass brandy, 1 white of egg.

Pound the butter and sugar and then add the well whipped white of egg, and last of all the brandy.

Steamed and Boiled

An old North Country Recipe for

Rum Butter

*1 lb. finely powdered demerara sugar, $\frac{1}{2}$ lb. butter,
6d. rum.*

Melt the butter, mix the rum with the sugar, and beat altogether till solid.

Before serving sift white sugar over it.

If preferred, a custard thickened with arrowroot can be served as a sauce to a Christmas plum pudding.

BAKED PUDDINGS

Almond Pudding Baked

2 ozs. ground rice, 2 ozs. ground sweet almonds, 2 ozs. butter, 2 ozs. sugar, yolks of two eggs and white of one, $\frac{1}{2}$ pint milk, short pastry.

Line a pie dish with the pastry. Boil the milk and sugar in a saucepan, make the ground rice into a smooth paste with a little of the milk, add it to the rest, and cook, stirring all the time, for five minutes.

Then remove from the fire and mix in the almonds, butter and the beaten eggs. Stir thoroughly and pour into the pastry lined pie dish. Bake in a moderate oven for half an hour.



Apple Charlotte

Served hot, with cream handed separately, this makes an excellent dinner party sweet, or turned out and served cold it is a good Sunday supper dish.

Baked

*4 ozs. butter, slices of stale bread, 1½ lbs. apples,
1 lemon.*

Cut up and partly cook the apples with sugar to taste and the thin rind of a lemon.

Cut some slices of bread about half an inch thick, cut them in strips and line a pie dish with them. Thickly butter every slice on both sides, and dredge them with white sugar.

When lined, pour in the apple, which should have just enough juice to prevent the pudding being dry. Squeeze the juice of a lemon over it, cover the top of the dish with more slices of bread and butter, and bake very slowly for at least two hours, when the bread should have become crisp and caramelly.

A little apricot jam spread over the top before the pudding is baked is an improvement.



Apple Amber

*1 lb. apples, 1 lemon, 3 ozs. sugar, 2 ozs. butter, 3 eggs,
puff paste, angelica and glacé cherries.*

Peel and core the apples, and gently stew them with the lemon rind and sugar and a little water.

Puddings

Pass them through a sieve, and put the purée into a saucepan with the butter and lemon juice, add the yolks of the eggs, and cook over the fire but do not let the mixture boil.

Butter a pie dish, line it with puff pastry. Pour the mixture into it, and cook until set and the pastry is nicely browned (about twenty minutes), then whip the whites of the eggs, cover the pudding with it, dust with castor sugar, and return to the oven to brown.

This is good either hot or cold.



Chestnut Amber

12 chestnuts, 2 eggs, 1 oz. butter, $\frac{3}{4}$ pint milk, 1 oz. white sugar, 1 lemon, 1 oz. breadcrumbs, vanilla, and syrup.

Remove the shells of the chestnuts after baking them. Cook them till tender in a vanilla-flavoured syrup, then pass them through a sieve. Bring the milk to the boil with the thin rind of the lemon. Put the breadcrumbs (or if preferred cake crumbs) into a basin, pour the hot milk (after removing the lemon rind) over them.

Baked

Cream the butter and sugar, add the yolks of the eggs, and stir in the chestnut purée, the milk and breadcrumbs, and the juice of the lemon. Mix well together. Butter a pie dish and bake until firm.

Beat up the whites of the eggs, cover the pudding with it when baked, and brown in the oven.



Bakewell Pudding

This is a famous Derbyshire pudding which was always served on festive occasions. A variation of it, called "Alderman's Pudding," made with apricot jam instead of strawberry and without the lemon, is an equally celebrated South Country dish.

3 eggs, 3 ozs. butter, 3 ozs. breadcrumbs, 3 ozs. ground almonds, rind and juice of 1 lemon, grated nutmeg, pastry, strawberry or raspberry jam.

Line a pie dish with the pastry, then put on it a layer of the jam. Mix the other ingredients, and

Puddings

last of all the well beaten eggs. Pour over the jam and bake for twenty minutes.

Serve cold.

Bread and Butter Pudding

6 thin slices of bread and butter, $\frac{1}{2}$ oz. candied peel, vanilla, raisins and sultanas, 1 egg, not quite $\frac{1}{2}$ pint of milk, $1\frac{1}{2}$ ozs. sugar, and a pinch of salt.

Fill a pie dish with alternate layers of bread and butter and sultanas and a few stoned raisins. Make a custard of the egg and milk, flavour with vanilla, pour over the pudding, decorate with the chopped candied peel and sugar candy, and bake for three-quarters of an hour.



Castle Puddings

These are good, hot or cold, and can be served with a hot jam sauce, or if to be eaten cold can be decorated with jam; or the centre can be scooped out and filled with cream and jam.

It is a very popular and inexpensive sweet.

The following recipe is sufficient for three people :

Baked

1 egg, and its weight in flour, sugar and butter, the grated rind of half a lemon, $\frac{1}{2}$ teaspoonful of baking powder.

Mix the dry ingredients, beat the white and yolk separately, add, and beat well. Put into greased cups and bake for about twenty minutes.



Queen Pudding

2 breakfastcupfuls of breadcrumbs, 2 eggs, 1 pint of milk, 1 tablespoonful sugar, rind of two lemons and juice of one.

Sieve the breadcrumbs and squeeze a little lemon juice on to them, also the thinly grated rind of both lemons, and the sugar. Heat the milk but do not let it boil, and add it to the well-beaten yolks of the eggs.

Arrange the breadcrumbs in a pie dish and pour the custard over them. Bake in a moderate oven for one hour. When baked, remove from the oven and squeeze the juice of the second lemon over it. Whip the whites of the eggs to a stiff froth, pile it on the top of the pudding and brown it in the oven. Serve either hot or cold.

Puddings

A Simple Baked Plum Pudding

2 ozs. flour, 2 ozs. breadcrumbs, 2 ozs. chopped suet,
2 ozs. brown sugar, 1 oz raisins, 1 oz. currants, 1 egg,
1 teaspoonful baking powder, a little milk and a pinch
of salt.

Mix the dry ingredients, then the beaten egg and the milk. Pour into a pudding mould and bake for an hour or more in a moderate oven. Turn out, sift with white sugar, and serve.



For making use of sour cream :

Smetanck

A Russian Raspberry Pudding

Put a pound of fresh or tinned raspberries in a pie dish and heat them in the oven, then whip up a cupful of sour cream with two eggs, a tablespoonful of flour and a spoonful of white sugar. Pour this over the raspberries and bake until firm and a pale brown.

CUSTARDS

There are three ways of making custards: they can be boiled, baked, or steamed, but boiling is the method usually adopted for custards of the consistency of thick cream which are served in glasses and handed with stewed fruit.

The ingredients in all cases are the same—three eggs (or four if a specially rich custard is desired) to a pint of milk. A boiled custard can be made with two eggs to three-quarters of a pint of milk if the whites are also included, but the yolks of three to a pint makes a more delicate custard. The whites are generally included in a baked or steamed custard.

In making a boiled custard great care must be taken to remove the mixture from the fire before it actually boils. The safest way is to make it in a jug, standing the jug in a saucepan of boiling water on the fire.

The chief thing to remember about baked and steamed custards is that they should be cooked in a gentle heat for about forty minutes

Puddings

otherwise they are certain to get honeycombed. A baked custard can be tested in the centre with a silver knife.

If the flavouring is to be vanilla, a pod should be used in preference to the essence, which sometimes curdles the milk.



Boiled Custards

Bring a pint of milk to the boil with part of a vanilla pod and two ounces of castor sugar. Beat up separately the yolks of three eggs (or two if $\frac{3}{4}$ of a pint of milk is used). Remove the saucepan of hot milk from the fire; let it cool for a few minutes, and then pour it on to the beaten yolks, stirring all the time. Place the mixture in a jug in a panful of hot water, and stir all the time until it thickens. Then remove it instantly from the fire or it will curdle; pass it through a fine sieve and pour it into the glasses in which it will be served when cold.



Baked Custards

Mix a pint of milk with four well beaten eggs (the whites as well as the yolks) strain through

Custards

a fine sieve, sweeten and flavour to taste and pour the mixture into a deep dish (a round soufflé dish is the best). Bake in a very slow oven for twenty or thirty minutes, or until firm. If the mixture is poured into small cups instead of into one dish, ten minutes' baking should be sufficient.



Steamed Custards

Make the custard in the usual way by heating a pint of milk, flavoured and sugared, and then pouring it on to the well beaten yolks and whites of three eggs. Strain and pour into a mould or into small cups and place them in a large pan of boiling water to two-thirds of the height of the dish or cups. Put on the lid and place a few hot embers on it to prevent the steam from falling into the custards, or cover them with a buttered paper. Fifteen minutes should be sufficient cooking for the small cups, or three-quarters of an hour if the mixture is in one dish.

In France these small custards are flavoured with coffee, tea, pistachio nuts, or violets, and called creams.

Puddings

Caramel Custard

Dissolve three ounces of loaf sugar in a small pan, and when a deep coffee colour coat the mould with it.

Have ready the custard mixture made of three well beaten eggs (whites and yolks), a pint of milk, vanilla flavouring, and a pinch of salt. Pour it into the mould, cover it with a buttered paper, and steam it very slowly in a pan of boiling water for three-quarters of an hour.

Take it off the fire, let it stand for two or three minutes, and then turn it while hot into the dish in which it will be served. If a glass one is used, cover the bottom of the glass with a wet cloth while it is being turned out.



Frangipan Cream Custard

Make a paste of 2 ozs. flour, 8 ozs. sugar, the yolks of five eggs and the whites of two. When well mixed, pour over it a pint of boiling milk, stirring briskly all the time. Then add a pinch of salt and vanilla or whatever flavouring is preferred, and cook it over the fire in a jug or double saucepan.

When it has boiled for a few minutes, pour the mixture into a basin and mix with it 3 ozs. butter and two tablespoonfuls of crushed macaroons.

To avoid a skin forming while the cream is cooling, smooth the surface with a well buttered spoon.



Simple Lemon Custard

To one quart of boiling milk add the grated rind of two lemons, one and a half teacups of sugar, and half a teaspoonful of salt.

Make into a smooth paste a heaped tablespoonful of cornflour with a little milk; and add this to the flavoured milk, stirring all the time, and last of all stir in lightly first the yolk and then the stiffly whipped white of an egg. Remove immediately from the stove and pour into a mould. Serve cold.



Kanouga

Take the weight of two eggs in butter and sugar, and half their weight in Van Houten's cocoa, or the whole weight in grated chocolate.

Puddings

Mix the cocoa or chocolate into a paste first with a little water, and then add the butter and sugar with a tablespoonful of flour, and stir over the fire till cooked. Remove and add the well-beaten yolks of six eggs and last of all the whites. Steam for two or three hours in a well buttered mould.

Turn out when cold and serve with whipped cream.



Rose Custard

1 pint of milk, $\frac{1}{2}$ pint raspberry juice, $\frac{1}{2}$ cupful sugar,
3 eggs.

Beat the eggs, heat the milk, and when almost boiling, remove it from the fire and pour it over the beaten eggs, stirring well all the time. Then add the sugar, and when nearly lukewarm stir in the raspberry juice and add a few drops of carmine if the colour needs improving.

Pour the mixture into a soufflé dish and cook in a bain marie or in a bowl of water in the oven until firm.

Turn out and serve cold, either with or without cream.

HOT AND COLD SOUFFLÉS

Soufflés are easier to make than is generally supposed. The art depends chiefly on the baking or steaming, and on knowing the exact moment to withdraw the soufflé. There is no specific time for all soufflés, so the individual recipe must be carefully followed.

For baked sweet soufflés the time varies—as a rule from ten to twenty minutes, and for steamed from forty to fifty minutes.

A soufflé should not be cooked too quickly or it will be liquid inside, as is desirable in the case of a chocolate soufflé.

All soufflés must be served immediately, as they begin to fall as soon as they are withdrawn from the heat.

It is wiser to fix a band of greased white paper outside the dish or tin containing the soufflé, and to arrange it so that it projects a few inches above the top of the dish, so as to give support to the soufflé when it rises.

Puddings

A Steamed Soufflé

The yolks of 3 and the whites of 4 eggs, 1 oz. butter, 1 oz. flour, 1 gill of milk, 1 oz. sugar, lemon or any other flavouring.

Heat the butter in a fairly large saucepan. When melted add the flour and mix well together with a wooden spoon ; add the milk, and stir all the time until cooked. Remove the saucepan, add the sugar and the flavouring, and then the yolks of the eggs one by one, beating all the time.

Take the whites of the eggs, and beat them to a stiff froth. Then add them to the mixture with a metal spoon, stirring them in as lightly as possible. Pour into a greased tin, cover with a buttered paper, and place in a saucepan of boiling water (the water reaching half way up the sides of the tin). Let it simmer only for about three quarters of an hour. When the soufflé is well risen and seems firm, remove the band of paper and turn on to a hot dish.

It may be served either with or without a fruit sauce.

Chocolate Soufflé

1½ ozs. *Van Houten cocoa*, 1 oz. *butter*, 1 oz. *flour*,
2 ozs. *white sugar*, 2 *eggs*, ¼ *pint milk*, *vanilla*.

Add the flour to the butter after it has been melted, and cook them for five minutes, then add the cocoa and the milk and sugar; flavour with vanilla, and stir the mixture carefully the whole time until it thickens. Then remove it from the fire and add the yolks of the eggs one by one, beating each one well before adding it. Stir in last of all the stiffly beaten whites.

Pour the mixture into a soufflé dish which has been well buttered, and bake for twenty minutes in a moderate oven.

This is sufficient for four people. For six people two more eggs must be added.

If a stronger taste of chocolate is preferred more of the cocoa can be added, but no other cocoa than Van Houten's will give the same result. It can be bought loose at half the price that it costs in the tins.



Cold Lemon Soufflé

½ *pint of cream*, 2 *lemons*, 1 *gill lemon jelly*, ¼ *lb. sugar*,
3 *eggs*.

Puddings

Separate the whites and yolks of the eggs. Beat the yolks with the sugar over a pan of boiling water till of the consistency of cream. Then grate into the mixture the very thin rinds of both lemons, and add the juice gradually, stirring all the time.

Whisk separately the whites of the eggs, the cream and the jelly; mix all three together and add to the yolks. Whip all together until it begins to set.

Have ready prepared a buttered soufflé dish with a rim of white paper projecting above the top. Stand in a cool place till set. Decorate with almonds and crystallised cherries, and serve very cold.



Cold Strawberry Soufflé

$\frac{3}{4}$ lb. strawberries, $\frac{1}{2}$ pint cream, 2 ozs. butter, 2 ozs. sugar, 4 eggs, 1 oz. gelatine, small glass maraschino, 1 oz. cornflour, $2\frac{1}{2}$ gills milk, vanilla, carmine.

Heat the milk and sugar, make the cornflour into a paste with some of it, then add to the milk with 1 oz. butter and the vanilla, and stir till cooked. Then remove from the fire.

Soufflés

Pick the strawberries and rub them through a hair sieve ; add their juice to the cornflour with the rest of the butter, then stir in the yolks of the eggs and the cream, and whisk until it begins to set.

Melt the gelatine in a little water and strain into the mixture. Colour with carmine if necessary, and add the stiffly beaten whites of the eggs and the maraschino, which can be omitted if liked.

Prepare a soufflé dish with a paper band. Pour in the mixture and leave it till cold.

If liked, a tablespoonful of red currant jelly can be dissolved and when nearly cold poured over the top of the soufflé to form a glaze.

FRIED PUDDINGS

Pancakes and Fritters

Pancakes and fritters are a form of sweet which we have borrowed from the French, but so long ago that the practice of eating pancakes on Shrove Tuesday is now a well-established English custom.

In France "beignets" or fritters are made of every kind of fruit. An excellent batter in which to dip these slices of fruit can be made without using any eggs at all, and if they are fried in boiling fat and only a few at a time to prevent them touching each other and so sticking together a piled up dish of apple or other fritters freely dusted with castor sugar is fit for any occasion and costs next to nothing.

Neither pancakes nor fritters must be allowed to wait before going to table, so it is better not to fry them until the course before is finished, even if it means keeping the table waiting for a few minutes.

Pancakes should be made as thin as possible, and are cooked on both sides till a pale brown.

Fried

The French have a knack of tossing them from one side to the other while they are in the frying pan, and this helps to make them light. When cooked they are folded over like an omelette dusted with castor sugar and served with quarters of lemon.



Pancakes

4 ozs. flour, $\frac{1}{2}$ pint milk, 2 eggs.

Take the flour and mix a pinch of salt with it, then break the eggs into it and beat well together. Add the milk very gradually, and when half of it has been added beat the batter for ten minutes, then stir in the rest of the milk and leave the whole to stand for an hour before using, so as to let the air dissolve into it.

Melt a piece of lard in an omelette pan; when it frizzles pour in sufficient of the batter to just cover the bottom of the pan. Cook till brown and then toss on to the other side and cook in the same way. Put on to a clean piece of white paper which has been sprinkled with sugar, dredge sugar over it and roll it up.

Puddings

Place the pancakes on to a dish when finished in this way, and serve with sugar and quarters of lemon.



Elder Flower Pancakes

Take the finest flowers of the elder blossom, strip them of all stalk and whip half a cupful lightly into the pancake batter. The elder flowers add lightness and flavour.



French Pancakes

3 eggs, 3 ozs. flour, $\frac{1}{4}$ pint milk, 2 ozs. sugar, 2 ozs. butter, jam.

Cream the butter and sugar in a basin, and add the flour. Stir in gradually the milk and eggs. Beat the mixture well for fifteen minutes, and leave it to stand for an hour.

Butter some saucers, pour in the mixture, and bake in a quick oven for ten minutes. When

Fried

cooked, take the pancakes out of the saucers, place jam inside, and roll them over. Dredge with sugar and serve.



Polish Pancakes

Nalesnikis

3 pints milk, 1 oz. butter, 6 lumps sugar, 4 eggs, 6 ozs. flour, rind of a lemon, $\frac{1}{4}$ nutmeg, a few currants.

Beat the eggs to a stiff froth and mix with the milk, sugar, melted butter and spice into a smooth batter.

Melt a lump of butter in an omelette pan, and when it frizzles drop in some of the batter, sprinkle it with currants, and when cooked and nicely brown roll it up, sift sugar over it, and serve.



Snow Pancakes

$\frac{1}{4}$ lb. flour, 1 teaspoonful salt, rind of a lemon, milk, snow.

Mix the flour, lemon rind and salt together, and make into a thick batter with the milk.

Puddings

Put a piece of butter into an omelette pan, and when it frizzles beat up very quickly a tablespoonful of snow with each pancake and fry until lightly browned on both sides. Fold the pancakes, dredge them with sugar, and serve piled up.



Mrs. Royce's recipe for making

Apple Fritters without an Egg

Choose two large green apples, peel and core them and cut each one into about four round slices. Lay the slices on a plate and sprinkle them with sugar, nutmeg and a squeeze of lemon juice.

Make a batter of three tablespoonfuls of flour, a cup of milk, and a pinch of salt. This should be the consistency of thick cream.

Dip the fritters one at a time in the batter and fry in very hot fat. Only two slices should be fried at the same time, otherwise they stick together and the batter becomes too thin.

Sprinkle with sugar and serve.

Acacia Flower Fritters

The French make great use of the flowers of the acacia tree, and their acacia puddings and acacia fritters are excellent.

Take full blown acacia flowers, sprinkle them with sugar and liqueur brandy, and leave them to macerate for half an hour. Then dip them in batter, and when fried drain them well, sprinkle them with castor sugar, and serve in a napkin.



Golden Delight

2 ozs. butter, 2 tablespoonfuls treacle, slices of bread, milk.

Cut some ovals or rounds from slices of rather stale bread and pour over them a little cold vanilla or other flavoured milk. Leave them for about half an hour but do not let them get soppy.

Then melt the butter in a frying pan and stir in the golden syrup. When a golden brown put in the bread and fry them, basting them with the liquid for about ten minutes.

Serve very hot piled up on a dish.

SWEET PASTRY

Pastry made with baking powder should be baked as soon as possible after the baking powder has been added, and requires a quick oven. Other pastry is improved by being put away in a wet cloth for a few hours before it is used. It can be kept for a couple of days in this way.

All pastry should be first put into a very hot oven for the first seven minutes, and should then be moved to a cooler part until it is cooked.

Pastry should be mixed with as little water as possible, and it is better made on a marble slab.

Unless the hands are perfectly cool it is better to do all the mixing with a knife.

Too much baking powder will make it hard.

For pies and tartlets short crust is generally used and to avoid the pastry in jam or treacle tarts from becoming sodden it is advisable to brush over with a beaten white of egg the place where the jam is to go.

If it is intended for a fruit pie, partly stew the fruit and arrange it in a pie dish with a china support in the middle to keep the crust from touching it. When the pie dish is full, cut off

Sweet Pastry

from the rolled out paste a piece large enough to cover the pie ; put it on one side, and with the strips that are left over arrange a piece of paste round the edge of the pie dish, then fit on the cover, and if there are any odd pieces of paste over, cut them into flowers, leaves or other decorative designs with a cutter and decorate the outside of the pie.

Bake in a hot oven and dredge it with castor sugar before serving.

For a richer short crust 5 ozs. of butter can be used to 8 ozs. flour. This pastry can be fried in spoonfuls, sprinkled with sugar when cooked, and served with stewed fruit, or it can be baked for half an hour, covered with jam or cream or both, and served cold.

Sometimes the pastry for a fruit pie is cooked by itself and served in slices with the fruit, which is stewed in the ordinary way.

In my opinion this can never take the place of an old-fashioned fruit pie in which the two are cooked together.



Plain Short Crust

6 ozs. flour, 3 ozs. lard, $\frac{1}{2}$ teaspoonful baking powder,
 $\frac{1}{2}$ teaspoonful castor sugar.

Puddings

Mix the lard into the flour very lightly with the tips of the fingers, or with a knife. Make into a paste with just sufficient cold water, and roll out only once.

An egg can be added before it is made into a paste, but care must be taken not to get the paste oiled.



French Pastry

4 ozs. flour, 1 oz. butter, 3 eggs, 2 pints water.

Boil the butter and water together in a pan, and stir the flour in very gradually till it forms a paste and leaves the sides of the pan clear. Then remove from the fire, put the paste into a basin and break in the eggs, mixing them with the paste.



Puff Pastry

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. flour, yolk of 1 egg, 1 teaspoonful lemon juice, salt and cold water.

Squeeze the butter in a floured cloth to remove any moisture. Put the flour in a bowl with the

Sweet Pastry

salt, make a hole in the centre and add the yolk of the egg, the lemon juice and enough water to make into a firm paste. Work until smooth, then roll it out thin. Place the butter on one half of the paste, fold the other over it, and press the edges together. Leave it in a cool place for twenty minutes.

Roll it out into a long strip, fold it in three, turn the edges towards you, roll again, fold in three, and set it aside for another twenty minutes. Repeat this till the paste has been rolled six times since adding the butter.

Then roll to required thickness and use.



Mincemeat to keep a year for Mince Pies

1 lb. beef suet, 1 lb. apples, 1 lb. raisins, 1½ lbs. currants, 2 lbs. sugar, glass of brandy, ¼ lb. mixed candied peel, ½ lb. sweet almonds, ½ oz. ground ginger, ½ oz. salt, 2 grated nutmegs, ½ pint raisin wine, rind and juice of 4 lemons.

Peel and core the apples, chop the suet and candied peel, stone the raisins and chop them, clean the currants, and mix all the dry ingredients

Puddings

together. Then mix apart the three liquids—the wine, brandy and juice of the lemons. Pour them over the mincemeat and stir well.

Keep in close covered jars in a cool place. When wanted stir from the bottom and add more brandy.

To make the pies use puff pastry. Roll it out to $\frac{1}{4}$ inch in thickness and cut out rounds to fit the tartlet tins; then cut an equal number of somewhat thinner rounds. Grease the tins and line them with the thinner rounds. Fill up with mincemeat, moisten the edges of the pastry with cold water or white of egg, lay on the first rounds of pastry, press the edges together, make a small hole in the top of each pie, brush over with white of egg and dredge with castor sugar.

Bake in a hot oven for twenty minutes.



Strawberry Short Cake

1 lb. flour, $\frac{1}{2}$ lb. butter, 2 ozs. sugar, strawberries, cream, 2 eggs.

Rub the butter lightly into the flour, then mix in the sugar and the eggs. Knead it sufficiently and then roll out into a thick round.

Sweet Pastry

Bake in a moderate oven till pale brown.

When cold, cut the round of pastry in half. Remove the stalks from some strawberries, mash them with a fork, and sugar them. Spread the mixture on the lower half of the shortcake, then put on the top and cover it with more strawberries (these unmashed) and sugar, and heap whipped cream on the top.

CREAMS, JELLIES, JUNKETS AND SYLLABUBS

Creams in England usually mean cold sweets, either made of cream or with a covering of whipped cream. In France custards go by the name of creams, and when served turned out of their moulds or cups are called "Cremes renversées."

Packet jellies are so universally sold and presumably used to-day that few people take the trouble to make them from the fresh fruit, but the bought ones can never equal the home-made jellies, and the recipes which follow are all excellent and quite simple to make.

The delicious junkets and syllabubs of our grandmothers are gradually coming into favour again, which is not surprising considering the ease with which they are prepared.

Junkets vary according to their flavour, and to many, a chocolate or caramel junket has the charm of an unknown dish and is often mistaken for a much grander sweet.

Creams, Jellies, Junkets

The word junket is derived from the Italian "guincata," a cream cheese, so called because the cream is covered with rushes, "guinco" being the Italian for a rush.

The ancients made a form of junket with a portion of the woolly part of the globe artichoke. Aristotle gives a recipe for preparing it. The milk was heated to the same temperature as for rennet, and a small piece of the artichoke was inserted. After standing in a warm place for twelve hours a curd of excellent taste and firmness was formed, and if a little of the same curd was placed in other warm new milk this was transformed into a junket, so that one junket would keep another going, and so on all through the year.

A Devonshire junket is always overlaid with cream, but a Devonshire white-pot, though made of cream or milk, is quite differently prepared from a junket. It is more like a baked custard.

In the old-fashioned syllabubs the milk was actually milked straight from the cow on to wine or cider with which it was made.

A syllabub is either a soft curd made by mixing wine or cider with milk, or a sweetened cream

Puddings

flavoured with wine or spirit and beaten to a stiff froth. The word is derived from "sile" to strain, and "bub" a drink.

Crème Chantilly and other "Whips" are descendants of the old syllabub.



Charlotte Russe

$\frac{1}{2}$ pint cream, $\frac{1}{4}$ lb. Savoy biscuits, $\frac{1}{2}$ oz. gelatine, 1 oz. sugar, vanilla essence and pistachio nuts.

Split the Savoyes carefully in half and cut some of these in half again. Trim the sides and slope them so that they will form a circle when put together. Arrange them round the bottom of the mould, very close together, and fill the hole in the centre of the circle with chopped pistachio nuts. Arrange other biscuits closely together to stand up all round the sides of the mould, and if they come above the tin trim them.

Dissolve the gelatine in a quarter of a pint of water on the fire, and when dissolved stir in the sugar.

Creams, Jellies, Junkets

Flavour the cream with vanilla and whip it, and then strain the gelatine into it. Stir till half set and then fill the centre of the mould with it.

Turn out when cold and serve.

A less expensive and very good substitute for the whipped cream filling is made as follows :

Cream together 2 ozs. butter, 2 ozs. castor sugar, and the yolks of two eggs, and add very slowly four tablespoonfuls of very strong hot coffee. Stir all the time and then pour in. When the Charlotte Russe is turned out, sprinkle with chopped almonds.



Cherry Cream

1 lb. cherries, $\frac{1}{4}$ oz. sheet gelatine, $\frac{1}{4}$ pint cream, $\frac{1}{4}$ lb. sugar, 1 dessertspoonful lemon juice, $\frac{1}{4}$ pint water, carmine.

Cut the cherries in half and remove the stones and stalks, then stew them gently in the water, sugar and lemon juice. Put the cherries into a border mould, and dissolve the gelatine in the syrup. Strain the juice and pour it over the

Puddings

cherries in the mould. When cold turn out, and fill the centre with whipped and flavoured cream.



Chestnut Cream (Mont Blanc)

30 chestnuts, 2 teacupfuls milk, 4 ozs. sugar, juice of 1 lemon or vanilla, $\frac{1}{2}$ pint cream.

Roast the chestnuts enough to remove their skins, then stew them in a pan with the milk, sugar, vanilla or lemon juice, very slowly until tender. Pass through a sieve, pile into a mould or a silver dish. Whip the cream and entirely cover the chestnuts with it.

If liked the chestnuts can be sprinkled with powdered chocolate before the cream is put on.

If vanilla flavouring is used a little maraschino or kirsch added to the chestnut purée is an improvement.

This cream is excellent served with a compôte of oranges also flavoured with maraschino or kirsch.

Creams, Jellies, Junkets

Chocolate Fool

1½ pints milk, 12 lumps sugar, ¼ pint cream, 3 table-spoonfuls Van Houten's cocoa, or to taste, vanilla pod or essence, 3 level tablespoonfuls cornflour.

Make the cornflour into a paste with part of the milk, and add to it the cocoa, making the whole into a smooth cream.

Put the rest of the milk, sugar and vanilla into a double saucepan, and when hot add the cornflour and cocoa, stirring without ceasing until the mixture boils and for ten minutes after. Then remove it from the fire and beat it again for another ten minutes.

Pour into glasses or cups, which should only be half-filled. Then beat up a quarter of a pint of cream and pile it on the top of the glasses.

Serve cold.



Coffee Cream

¾ pint milk, ¼ pint cream, 4 ozs. coffee, 3 eggs, sugar to taste, ½ oz. isinglass.

Make the coffee into a very strong decoction with not more than a quarter of a pint of boiling water.

Puddings

Soak the isinglass in a little milk and pour the coffee on to it, and dissolve it over the fire, then add the sugar.

Make a custard with the eggs and the milk, and add it to the coffee. Then beat the cream, fold it into the custard mixture and pour into a wetted mould.

Turn out and serve cold with whipped cream.



Crème Brulée

Bring a pint of cream to the boil and pour it over the yolks of four well beaten eggs, then bring the mixture to the boil again. Pour into a silver dish, leave it till quite cold, then dredge over it a thick coating of castor sugar and brown it with a salamander.

Serve very cold.



Meringues

Beat the whites of four eggs very stiffly, and gradually stir in $\frac{1}{2}$ lb. castor sugar.

Creams, Jellies, Juncets

Then line an oven tray with white paper, and with a tablespoon arrange a spoonful of the mixture at intervals, seeing that the *meringues* do not touch each other.

Cook in a very cool oven until a deep cream ; remove the bottoms very carefully when cold, and fill with cream flavoured with liqueur, or with a chestnut purée flavoured with kirsch or fill with cream and serve cold with a hot chocolate sauce.



Raspberry Sponge (without cooking)

$\frac{1}{2}$ oz. *gelatine*, 2 whites of eggs, $\frac{1}{4}$ lb. white sugar, 1 gill cream, 1 gill *raspberry juice*.

Beat the whites of the eggs with the sugar and the cream. Dissolve the *gelatine* in the *raspberry juice*, and gradually add it to the whipped cream and eggs, and serve the Whip in cups or on a silver dish.

Puddings

Cream of Ratafias (made in ten minutes)

Whip $\frac{1}{2}$ pint of cream and stir into it $\frac{1}{2}$ lb. of crushed ratafias or macaroons, and the stiffly beaten whites of three eggs. Pile into a mound in a silver dish and sprinkle with grated chocolate.



Strawberry Cream

$\frac{1}{2}$ pint strawberry purée, $\frac{1}{2}$ pint cream, 1 oz. gelatine.

Pass enough strawberries through a hair sieve to make half a pint of purée, fold in the partly whipped cream, sweeten to taste. Dissolve the gelatine in a little milk and strain it to the mixture. Pour into a wetted mould and leave to set.

In the winter strawberry jam can be substituted for fresh fruit. The sugar is then omitted, and only enough sieved jam is used to sweeten and flavour the cream.

Creams, Jellies, Junkets

The writer's Special Trifle

For this and for all trifles gooseberry jam is to be preferred, and failing this raspberry, plum or black currant jam should be substituted.

12 sponge cakes, 6 ozs. jam, $\frac{3}{4}$ pint milk, $\frac{1}{4}$ pint cream, 2 eggs, rum or sherry, vanilla, crystallised cherries.

Shred the sponge cakes into a flat silver dish and soften them with a little milk to which three or four tablespoonfuls of rum or sherry have been added. Then prepare a custard by boiling the milk with a vanilla pod and sugar to taste and pouring it (after the pod has been removed) over the well beaten eggs. The custard can be finished in a jug placed in a saucepan of boiling water.

Pour the custard over the sponge cakes, and when cold whip the cream and rake it over the top of the custard, taking care not to disturb the custard itself. Decorate with a few crystallised cherries, but if the custard is not firm enough to take them use split almonds, hundreds and thousands, or trifle leaves.



A Plain Junket

$\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. sugar, 1 small teaspoonful rennet, a little sherry or vanilla.

Puddings

Put the sugar and milk into a saucepan and allow it to get just tepid (98°F.). Add the flavouring and the rennet, pour into custard glasses or into a crystal bowl, and leave till it sets.

Serve with cinnamon.



Caramel Junket

1 pint milk, 2½ ozs. sugar, rennet, salt, vanilla, and water.

Put the sugar into a saucepan with some water, and boil it till it becomes a dark brown syrup. Heat the milk but do not let it boil. Then take the caramel off the fire and pour it straight into the milk. Mix them together with a spoon and pour into a glass bowl.

When lukewarm add a teaspoonful of rennet or a junket powder, a pinch of salt and a few drops of vanilla.

Serve when set with or without whipped cream.

Creams, Jellies, Junkets

Chocolate Junket

$\frac{1}{2}$ pint milk, 2 ozs. grated chocolate, 1 dessertspoonful sugar, a junket powder or half a teaspoonful of rennet.

Make the chocolate into a paste with the sugar and half the milk, and add to the rest of the milk, Make the whole lukewarm, stir in the rennet, and serve when set with whipped or Devonshire cream.



Coffee Junket

$\frac{1}{2}$ pint black coffee, $1\frac{1}{2}$ pints milk, 2 ozs. sugar, 1 junket powder.

Heat together the milk and coffee till lukewarm, then add the sugar, and when dissolved the junket powder.

Serve when set either with or without cream.



Claret Jelly (to make a quart)

1 pint claret, $\frac{1}{4}$ pint lemon juice, 2 whites of eggs, $2\frac{1}{2}$ ozs. gelatine, 1 lemon, $\frac{1}{4}$ pint water, 4 ozs.

Puddings

sugar, 1 tablespoonful red currant jelly, cloves and cinnamon.

Whip the whites of the eggs, then mix together the claret, lemon juice and water. Stir in the whites of the eggs, add the very thin rind of the lemon, the red currant jelly, two cloves, a very little cinnamon, the sugar, and two crushed egg shells, also if necessary a few drops of carmine or cochineal.

Pour into a pan and whisk all together over the fire until the mixture boils, then take off the fire and let it stand for five minutes. Strain, and pour into one or more moulds.



A good Lemon Jelly

2 ozs. sheet gelatine, $\frac{1}{2}$ pint lemon juice, the rinds of 2 lemons, a tiny piece of cinnamon stick, whites and shells of 2 eggs, $1\frac{1}{2}$ pints water, 6 ozs. white sugar, 4 cloves.

Put into a saucepan the lemon juice, water, sugar and spice, and add the lemon rind and the whites and shells of the eggs.

Creams, Jellies, Junkets

The pan should only be half full. Then whisk the jelly while it is on the fire until it is very frothy, and allow it to boil up without boiling over. Then draw the pan to the side of the fire and let it stand for ten minutes. Strain through a jelly bag which has been wrung out in boiling water. If not sufficiently clear repeat this process. Pour into a wetted mould and turn out when cold. Sherry can be added to this jelly if liked.



A Simple Lemon Jelly

1 lb. sugar, 1 pint water, 2 oz. gelatine, 6 lemons.

Dissolve the sugar and gelatine in the water over the fire, then add the juice of the lemons and their very thin rinds. Boil all together for a minute, then strain and pour into a wetted mould.



Lemon Sponge (without eggs)

An old family recipe

$\frac{1}{2}$ oz. gelatine (four sheets), $\frac{1}{2}$ pint milk, 4 ozs. loaf sugar, 1 lemon.

Puddings

Soak the gelatine in a quarter of a pint of cold water, dissolve it in another quarter of a pint of boiling water; then add it to the sugar and lemon rind and let it simmer for half an hour. Then strain, and allow it to stand till cold, but not till it sets. Add the juice of a large lemon and whisk till perfectly stiff and white.

Pour into a wetted mould, and when set turn it out and serve very cold.



Lemon Jelly (without any cooking)

$\frac{1}{2}$ oz. *fine gelatine*, 2 lemons, $\frac{1}{2}$ lb. *castor sugar*, 2 eggs,
1 pint milk, water.

Grate the rind of one lemon and squeeze the juice of both of them over the sugar. Cover the gelatine with water and leave it for several hours to dissolve. Then beat the eggs and add them to the milk. Now mix all the ingredients together in front of the fire to prevent the jelly setting. When well mixed strain the whole through a wire sieve, pour into a wetted mould, and when cold and firm turn out on to a glass dish, and serve with or without cream.

Creams, Jellies, Junkets

Milk Jelly (without any cooking)

1 pint milk, 6d. packet of gelatine, 3 eggs, $\frac{3}{4}$ lb. sugar, 3 lemons, water.

Leave the gelatine to soak in the milk overnight, and the next morning strain away any undissolved gelatine, keeping it on one side. Add a gill of boiling water to the milk and dissolved gelatine, stir in the sugar, and when it is dissolved add the undissolved gelatine. Then stir in the well whipped eggs, and last of all the juice and rind of the lemons. Strain, pour into a wetted mould, and when cold turn out and serve.



Orange Jelly (to make a quart)

1 pint orange juice, 1 oz. gelatine, 3 ozs. white sugar, juice of 2 lemons, thin rind of three oranges, $\frac{1}{2}$ pint water.

Grate the very thin rinds of the oranges into the water and heat it. When hot dissolve the gelatine in it, let it simmer for ten minutes, then strain and add the orange and lemon juice.

Puddings

Pour into one or more wetted moulds, and serve cold turned out, with or without cream.



Crème Chantilly

Take some fresh cream and whip it until stiff ; add castor sugar in the proportion of four ounces to a pint of cream, and flavour with vanilla or any other essence.



Sherry Whip

$\frac{1}{4}$ pint cream, 1 tablespoonful castor sugar, $\frac{1}{2}$ wine glass sherry, juice of $\frac{1}{4}$ of a lemon.



An old-fashioned Syllabub

Put one pint each of beer and cider into a punch bowl, sweeten it to taste and flavour with nutmeg. If possible milk in from the cow about three pints of milk, or failing this pour the same

Creams, Jellies, Junkets

quantity gradually from as great a height as possible so that it makes a froth.

Put some currants in the oven, and when they are swollen strew them over the syllabub and serve.



Lemon Syllabub

The peel and juice of 2 lemons, 1 pint white wine, $\frac{1}{4}$ lb. sugar, 1 pint cream.

Grate the thin rind of the lemons into a large bowl and add the juice of the lemons, the sugar and the wine, then add the cream and leave the mixture to stand for three or four hours. Then whisk well and carefully lift off the froth as it forms and lay it on a sieve.

Pour the solid part of the mixture which is in the bowl into glasses, and pile some of the froth on the top of each glass.

This syllabub will keep for four or five days.



Raspberry Syllabub

1 oz. sugar, $\frac{1}{2}$ pint cream, $\frac{1}{2}$ cup lemon juice, $1\frac{1}{2}$ cups of strained pulp and juice of raspberries, whites of 2 eggs.

Puddings

Mix the sugar, lemon juice and raspberry pulp and juice together, then whip the whites of the eggs and add these, and last of all the cream.

Put on ice and serve very cold.



Devonshire White-Pot

3 pints milk, 5 eggs, $\frac{1}{2}$ pint water, castor sugar, a French roll.

Mix the milk and water together, beat the eggs well and stir them into the milk. Slice a French roll and butter each piece generously. Arrange them in a pie dish and sprinkle them with sugar and grated nutmeg. Pour the liquid over them and bake in a quick oven for about two hours.

Serve hot or cold.

COMPÔTES OF FRUIT

A compôte of cooked or uncooked fruit is the best sort of pudding for a hot day, and served with crème Chantilly, a junket, or cold cream of rice, it will be acceptable to most people.

In nearly all fruit salads, compôtes, purées, and fools, the rind or juice of a lemon is an improvement—in fact one may say that in the cooking of sweets and puddings the lemon takes the place that the onion does in soups and savouries, and to-day no one is likely to have to live as Sydney Smith once did—"seven miles from a lemon."

In making a compôte of cooked fruit it is better to make the syrup first, a teacupful of sugar to a pint of water. When it is sufficiently thick place the fruit carefully in it and cook it very slowly, turning it over with great care as it cooks to prevent the fruit from breaking. The thin rind of a lemon can be stewed with it and removed after.

When cooked the fruit should not be poured into a dish in which it will be served, but put into it with a spoon.

Puddings

A liqueur glassful of kirsch or maraschino can be added if liked half an hour before the fruit is eaten.

In the case of some stone fruits the kernels, if stewed with the fruit, give a pleasant flavour to the compôte, and prunes are improved if they are cooked for the last ten minutes in claret.

There are many varieties of apple mousses and compôtes, and they are all good whether flavoured with cloves, cinnamon, lemon, peach leaves, rose water, orange flower water, or rum.

Kirsch goes well with pineapple and gooseberries, maraschino improves most mixed fruit salads, vanilla is a good flavouring for apricots, and rose water for pomegranates; and grape fruit (especially if it is the variety known as Blue goose) should need no flavouring.

If jam is used in a trifle made of fruit, apricot jam is best with apples, and strawberry jam with bananas.



Compôte of Bananas

Skin the bananas and plunge them into boiling water for a few seconds. Drain them immediately and put them into a dish. Have ready a

Compôtes

boiling syrup of sugar and water flavoured with maraschino and pour this over the fruit.

Serve when cold with or without cream or custard.



Compôte of Cherries

1 lb. cherries, $\frac{1}{2}$ lb. sugar, juice of 1 lemon.

Stew all together very slowly in a pan without any water, and do not let the fruit get broken. The stalks should not be removed altogether, but cut very short.

Serve cold in a crystal bowl.



Caramelled Oranges

6 oranges, $\frac{1}{2}$ pint cream, 4 ozs. loaf sugar, $\frac{1}{2}$ pint water, pistachio nuts.

Carefully peel the oranges, removing all trace of the white. Then cut the oranges across into

Puddings

rounds, removing the pips and any white in the centre.

Make a caramel of the sugar and water in a saucepan. Arrange a layer of the sliced orange in a crystal bowl and sprinkle it with castor sugar. Pour over it a thin layer of the golden brown caramel, then arrange another layer of oranges and repeat the process until the oranges and caramel are exhausted.

Whip the cream and cover the oranges with it.

Chop the pistachio nuts and decorate with them.



Compôte of Oranges and Bananas

Take equal quantities of oranges and bananas. Peel the oranges and remove all trace of white, Cut them across into round slices and remove all pips and the centre white. The oranges can be left in thin round slices or cut up quite small.

Arrange in a glass dish alternate layers of orange and sliced banana, and sprinkle each layer with chopped nuts or cocoa-nut.

Compôtes

Make a syrup of sugar and water and boil for ten minutes with juice extracted from the pips. Flavour with maraschino and pour over the fruit. Serve very cold.



Compôte of Pears

Peel the pears (using a silver knife), cut them in half and remove the cores, and put them into cold water.

Make a syrup (2 ozs. sugar to $\frac{1}{4}$ pint water), add a little lemon juice, a few drops of carmine, and cinnamon and cloves to taste, and if liked a little claret.

Put in the pears, bring to the boil, and when tender and not broken remove the pears into the dish in which they will be served. Reduce the syrup, strain it and pour over them.



Peach Foam

Skin and cut into quarters three or four ripe peaches, put them into a basin with half a cupful of powdered sugar. Beat them together, add

Puddings

the white of an egg and go on beating till a perfectly smooth cream.



Prune Mould

$\frac{1}{2}$ lb. prunes, $\frac{1}{2}$ pint water, $\frac{1}{4}$ oz. gelatine, 1 lemon, sugar to taste.

Stew the prunes after soaking them overnight very slowly till tender, with the lemon rind and the water ; pass them through a sieve. Melt the gelatine in a little water, stir it over the fire till dissolved, and add it to the purée. Squeeze the juice of the lemon on to it. Pour the jelly into a border mould, previously wetted ; when cold turn out and serve, and fill centre with $\frac{1}{2}$ pint whipped and vanilla flavoured cream.



Summer Pudding

Though simple and inexpensive, this is one of the most delicious of all puddings for a hot day,

Compôtes

and served with cream it makes an excellent sweet for a small dinner party.

$\frac{1}{2}$ lb. raspberries, $\frac{1}{2}$ lb. red currants, slices of bread, sugar.

Line a mould with slices of bread cut about $\frac{1}{4}$ of an inch thick, and from which all the crust has been removed.

Stew very gently in a pan half a pound of raspberries and the same quantity of red currants picked from their stalks. Sweeten to taste, and pour the hot fruit into the bread-lined mould. Close the mould with more slices of bread and leave it in a cold place all night.

Turn it out on to a glass or silver dish, and serve the next day with or without cream or custard.

ICED PUDDINGS

A rich custard is the basis of nearly all ices, and the following is an excellent mixture which can be flavoured with coffee, chocolate, strawberry, raspberry, pineapple, or any other fruit or fruit syrup.

Milk can be substituted for the cream, but the ice will not be as smooth and rich, though it will be sufficiently good to use in a fruit Sundae or Melba.

If liked, a hot chocolate or maple sauce can be served with vanilla ice cream, and a dish of chopped nuts or almonds handed with the sauce.



Hot Chocolate Sauce

Take four bars of Baker's unsweetened chocolate, and boil it with half a pint of water, sugar and vanilla to taste, until thick, then pour into a tureen and serve.

Hot Maple Sauce

Heat a tin of maple syrup until just about to boil, then add a very little carbonate of soda to make it light, and serve in a tureen.



Vanilla Ice Cream

$\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint cream, 3 ozs. sugar, yolks of 2 eggs and white of 1, vanilla essence.

Heat the milk and sugar, and when almost boiling pour it over the well whipped yolks of eggs, then allow it to cool. Flavour rather strongly with vanilla, slightly whip the cream and add it to the mixture and freeze.

If milk is substituted for cream, one ounce of cornflour should be used beaten to a smooth paste with a little of the milk, and then cooked (stirring all the time) in the rest of the milk before it is added to the eggs.



A Fruit Melba

Place a spoonful of the ice cream at the bottom of a champagne glass, then place on it half a pear

Puddings

or peach or whatever the fruit may be ; on this put a few spoonfuls of jam (preferably strawberry), and on this some stiffly whipped cream.



A Fruit Sundae

Put a spoonful of ice cream at the bottom of a champagne glass, pour over it two tablespoonfuls of any fruit syrup, cover with whipped cream and over this sprinkle some chopped nuts.



Lady Jekyll's

Bombe Caramel

Take six yolks of eggs and two whites, a tablespoonful castor sugar, and whisk them over boiling water until warm ; withdraw and whip until cold. Add a teacupful of whipped cream and mix all together. Put into a bombe mould and freeze about two hours.

When frozen, scoop out the centre and fill with cold hard caramel made in the usual way, and afterwards pounded and passed through a wire sieve.

Nesselrode Pudding (Iced)

This historic pudding was invented by a cook called Mony, who was in the service of Count Nesselrode. Its success was so great that it roused the jealousy of an even more famous cook called Carême.

1 pint milk, 8 ozs. sugar, yolks of 6 eggs, 2 lbs. chestnuts, $\frac{1}{2}$ pint cream, 2 ozs. glacé cherries, 2 ozs. candied citron, 2 ozs. sultanas, $\frac{1}{2}$ pint Madeira wine, vanilla.

Make the milk, eggs and sugar into a custard and leave it to get cold. Cut up the cherries and candied peel and macerate them with the sultanas in the wine.

Bake the chestnuts in the oven until the skin can easily be removed, then boil them in the milk till tender. Drain them and rub them through a hair sieve. Add the purée to the custard, flavour with vanilla and freeze this mixture until half frozen, then add the fruit and wine and the partly whipped cream, and continue the freezing till the mixture is quite frozen. Then pack into an ice mould, bury it in ice and salt. Turn it out on to a folded napkin, and serve.

INDEX

- Acacia Flower Fritters, 44
- Alabaster Cream of Rice, 3
- Almond Pudding, 22
- Apple Amber, 23
 - Charlotte, 22
 - Fritters, 44
- Baked Custards, 30
 - Puddings, 22-28
- Bakewell Puddings, 25
- Banana Compôte, 72
 - and Orange Compôte, 74
- Batter Pudding, 10
- Boiled Apple Pudding, 9
 - Custards, 30
 - Puddings, 9-21
 - Treacle Pudding, 7
- Bombe Caramel, 80
- Bread and Butter Pudding, 26
- Cabinet Pudding, 11
- Caramel Custard, 32
 - Junket, 62
- Caramelled Oranges, 73
- Carrot Pudding, 12
- Castle Puddings, 26
- Chantilly Cream, 68
- Charlotte Russe, 54
- Chestnut Amber, 24
- Chestnut Cream, 56
- Cherry Cream, 55
 - Pudding, 12
 - Sauce, 13
- Chocolate Fool, 57
 - Junket, 63
 - Pudding, 13
 - Sauce, 78
 - Soufflé, 37
- Christmas Plum Pudding, 19
- Claret Jelly, 63
- Cocoanut Pudding, 14
- Coffee Cream, 57
 - Junket, 63
- Cold Lemon Soufflé, 37
 - Strawberry Soufflé, 38
- Compôtes 71-76
 - Banana, 72
 - Banana and Orange, 74
 - Cherries, 73
 - Oranges (Caramelled), 73
 - Pears, 75
 - Peach (Foam), 75
- Creams, 52-70
 - Brûlée, 58
 - Chantilly, 68
 - Cherry, 55

Index

Creams, Coffee, 57

 Ratafia, 60

 of Rice, 2

 Strawberry, 60

Custards, 29-34

 Caramel, 32

 Frangipani, 32

 Lemon, 33

 Kanouga, 33

 Rose, 34

Date Pudding, 14

Devonshire White Pot, 70

Dumplings, 7

Elder Flower Pancakes, 42

Fig Pudding, 15

Frangipani Cream, 32

French Pancakes, 42

 Pastry, 48

Fried Puddings, 40-45

Fritters, 40-45

 Acacia Flower, 45

 Apple, 44

Fruit Compôtes, 71-75

 Melba, 79

 Pudding (boiled), 9

 Sundaes, 79

Ginger Pudding, 15

Golden Delight, 45

 Pudding, 16

Hard Sauce, 20

Herodotus Pudding, 26

Hot Chocolate Sauce, 78

 Maple Sauce, 78

Ices, 77-81

 Bombe Caramel, 80

 Vanilla, 79

 Fruit Melba, 79

 Fruit Sundaes, 79

 Nesselrode Pudding, 80

Jellies, 63-67

 Claret, 63

 Lemon, 64, 65, 66

 Milk, 67

 Orange, 67

Junkets, 61-63

 Caramel, 62

 Chocolate, 63

 Coffee, 63

 Plain, 61

Kanouga, 33

Lemon Custard, 33

 Jelly, 64-66

 Pudding, 17

 Soufflé, 37

 Sponge, 65

 Syllabub, 69

Maple Sauce, 78

Marmalade Pudding, 18

 Sauce, 19

Melba Fruit, 79

Meringues, 58

Milk Puddings, 1-4

 Jelly, 67

Mince meat, 49

Nesselrode Pudding, 80

Orange and Banana Compôte, 74

Index

Oranges, Caramelled, 73

Orange Jelly, 67

Pancakes, 40-43

 Elder Flower, 42

 French, 42

 Polish, 43

 Snow, 43

Pastry, 46-49

Peach Foam, 75

Pears (Compôte of), 75

Plum Pudding (baked), 28

 Pudding (Christmas), 19

Prune Mould, 76

Queen Pudding, 27

Rice (Cream of), 2-3

Rum Butter, 21

Raspberry Pudding, 28

 Sponge, 59

Ratafia Cream, 60

Rose Custard, 34

Semolina Mould, 4

Short Pastry, 47

Snow Pancakes, 43

Soufflés, 35-39

 Steamed, 36

 Chocolate, 37

 Cold Lemon, 37

 Cold Strawberry, 38

Steamed Puddings, 9-21

 Cherry Pudding, 12.

Strawberry Cream, 60

Strawberry Short Cake, 50

Suet Puddings, 5-8

 Dumplings, 7

 Fruit, 9

 Plain, 6

 Treacle, 7

Summer Pudding, 76

Sundae (Fruit), 79

Syllabubs, 53-54, 68-70

Tapioca Mould, 4

Treacle Pudding (boiled), 7

 Sponge, 19

Trifle (Author's), 61

Vanilla Ice Cream, 79

